Monday, July 8, 2013

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Memorial garden for crash victims

The Brampton site is dedicated to the 109 people killed aboard Air Canada Flight 621 PAGE 4

Mother Mother revels in the dark

The Vancouver indie band mines humour from the bleakness of the human condition PAGE 14

Almodovar having fun again

The acclaimed director lightens up with the farcical melodrama I'm So Excited PAGE 15

GIAMBRONE: COMEBACK KID

THE FORMER TTC CHAIR, WHO WAS FORCED TO RESIGN AMID A 2010 SEX SCANDAL, IS RUNNING FOR THE NDP IN A SCARBOROUGH BYELECTION PAGE 3

GREAT SCOT! MURRAY ENDS DROUGHT

Britain's Andy Murray kisses the winner's trophy Sunday after beating Serbia's Novak Djokovic in the Wimbledon men's singles final at the All England Club in London. The 26-year-old Scot became the first British Wimbledon men's champion since 1936. Story, page 21.

ANJA NIEDRINGHAUS/GETTY IMAGES

GO offering a little more peace, quiet

Hush. Well-received Quiet Zones being expanded to all lines

GO Transit is rolling out Quiet Zones across all its train lines starting July 15, following a warm reception to a pilot on the Barrie GO line this year.

Quiet Zones will be in effect on the upper levels of coaches on all seven GO lines during weekday rush hours, said Mary Proc, vice-president, customer service for GO.

Rush hours are from 6 to 9:30 a.m. and 3 to 7:30 p.m.

Four decals on each coach will let riders know that they are in the Quiet Zone in their coach.

A survey of Barrie passengers, who have been enjoying a little extra shut-eye or work time since Feb. 11, showed 83 per cent felt the Quiet Zones in the cars contributed to a more comfortable commute.

The increase in Quiet Zones will be tested in a four-month pilot. After that, GO will survey its customers to see if they liked the experience.

TORSTAR NEWS SERVICE

Hands off the alarms

While GO riders are asked to politely remind others who aren't aware of the Quiet Zone rules, passengers are not to activate the customer-service alarms on the trains. Trains delayed because crews are investigating a noise complaint in the Quiet Zone won't qualify for the 15-minute GO guarantee.

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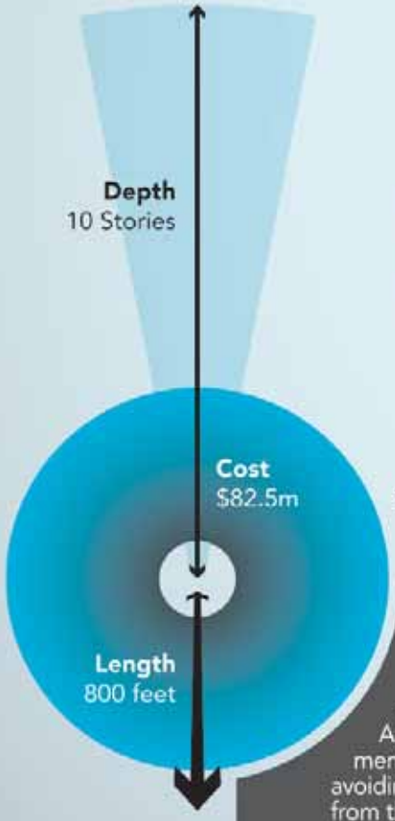

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Billy Bishop Toronto City Airport

billybishopfacts.ca

Long-shot colt cleans up the Plate

Midnight Aria and jockey Jesse Campbell celebrate on Sunday after winning the Queen's Plate at Woodbine Racetrack. The Ontario-bred colt sat on the rail at Woodbine from wire to wire to win the $1-million, 154th running of the race. The odds-on favourite, Up With the Birds, made a late charge, coming up beside Midnight Aria, but the 16-1 long shot held on to capture the first jewel of Canadian thoroughbred racing's Triple Crown.

CARLOS OSORIO/TORSTAR NEWS SERVICE

Giambrone returns to politics, running for NDP

Left public life over sex scandal. Former TTC chair hopes voters are forgiving

The impact of a 2010 sex scandal on the NDP's byelection hopes in Scarborough-Guildwood will be up to the people, Ontario New Democrats say.

NDP voters nominated one-time Toronto mayoral candidate Adam Giambrone on Sunday afternoon to run in Scarborough-Guildwood in the Aug. 1 byelection.

Giambrone's political comeback shows a jump across the city from Davenport, the municipal riding where he had a seven-year stint as city councillor and TTC chair.

"I'm honoured that the people who live here chose me as their candidate," he said.

Giambrone made headlines during the 2010 mayoral race when it was revealed he had cheated on his now-wife, having sex with another woman on the couch of his city hall office. He was forced to resign.

Asked what impact it might have on his election chances, he said he'd leave that up to the voters.

"All the information is out there, and they'll make that choice. Ultimately, it's up to the residents of Scarborough-Guildwood."

Ontario NDP Leader Andrea Horwath agreed.

"That'll be up to the people of Scarborough-Guildwood."

Giambrone later apologized for lying about his personal life during his 10-day mayoral bid.

An overwhelming majority of attendees at the meeting at St. Stephen's Presbyterian Church expressed support for Giambrone.

Nisse Vaya said he thinks the incident gives Giambrone more credibility as a person and a candidate.

"I actually think that makes him more human."

Wade Arsenault was concerned about Giambrone's personal history.

"That was one of the things that held me back of really supporting him."

TORSTAR NEWS SERVICE

Also running

- Giambrone faces Liberal Mitzie Hunter and Progressive Conservative Ken Kirupa in the Aug. 1 byelection.

Adam Giambrone with his wife, Sarah McQuarrie.

TARA WALTON/TORSTAR NEWS SERVICE

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Victims of Flight 621 honoured with memorial garden

Long time coming. It took the victims' families 43 years to get an on-site memorial for worst plane crash in GTA history

Tears and soft rain at times mingled during a Sunday gathering in Brampton on what used to be a farmer's field — the site of the most deadly plane crash in the history of the GTA.

More than 100 friends and relatives of the 109 people on board Air Canada Flight 621 from Montreal who perished on July 5, 1970 — there were no survivors — attended a ceremony to officially open the Flight 621 Memorial Garden and cemetery. It's situated on a 0.3-hectare site in the Humber River Valley that bisects a growing residential community close to Castlemore Road and McVean Drive.

If you look down the short green, grassy corridor flanked by trees that's part of the memorial garden, you're looking directly at where the plane plunged to earth just northeast of Pearson Airport, the result of human error.

Before Sunday's unveiling of a commemorative plaque, set into a giant pink-granite boulder taken from the area, relatives of the victims shared memories aloud. Some gave speeches, and the names of the dead were read out.

It was an emotional day, with tears flowing for many, as they recalled mothers, fathers, sisters, brothers, sons, daughters, cousins, aunts and uncles.

Lynda Fishman, who was 13-year-old Lynda Weinberg at the time of the crash and who lost her mother, Rita, eight-year-old sister, Wendy, and 11-year-old sister Carla, has communicated over the years with Air Canada. She told the gathering she found the company "cold and heartless," and said it has done "only what legally it was required to do."

An emotional Linda Partridge — who was six at the time of the tragedy — held up two black-and-white photos of her parents — one showing the handsome, confident-looking engineer, the other of her mom, looking radiant after having won a contest and sporting a sash that says "Miss Niagara Grape Queen (1958)."

She praised the garden, saying, "If I'm ever lonely again, I know where to go."

TORSTAR NEWS SERVICE

Marked by lilacs

- The garden has been planted with many young trees, along with flowering shrubs and lots of lilacs, a stated favourite of many families. The garden cemetery's limits at one end are marked by 10 upright granite markers. The part with the plaque is close to a pathway that residents use.

Linda Partridge holds up photos of her parents Carnis Anne and Cyril Wayne Partridge Sunday at the unveiling ceremony of The Flight 621 Memorial Garden in Brampton. Her parents were two of the 109 passengers and crew that were killed in the crash on this site. RANDY RISLING/TORSTAR NEWS SERVICE

Police chiefs want changes to suspended officers' pay

Const. Jason Nevill has been found guilty and is on suspension. TORSTAR NEWS SERVICE

Suspended police officers in Ontario collect millions of dollars each year, and in the only province where police chiefs have no power to revoke their pay, there's a push for change.

Even if convicted of a criminal offence, police officers in the province can continue to receive their salary.

That doesn't sit well with David Stern, whose son was beaten up by Const. Jason Nevill in Barrie. Nevill was convicted last month of assault causing bodily harm, obstruction of justice and fabricating evidence.

He has been suspended since March 2011, when the charges were laid, and will still be paid at least until his sentencing in October or when he is fired following a police disciplinary hearing.

"It's ridiculous," said Stern, whose then 25-year-old son can be seen on mall security video being assaulted by Nevill. "As a citizen, of course once they're convicted, that's it. End of story. You're no longer innocent."

But under Ontario's Police Services Act, the only circumstance in which a police officer doesn't get paid while suspended is if he or she is convicted and sentenced to imprisonment.

If an officer is convicted of a crime but doesn't have to serve time behind bars, they remain suspended with pay until they can be fired through the police disciplinary procedure. The same process applies to officers internally charged with misconduct.

If the officer appeals their termination, it can be delayed for months, even years. THE CANADIAN PRESS

Suspensions

- Six members of the Toronto police are currently suspended, said Mark Pugash, the director of corporate communications. Ontario is the only province in which suspended police officers must be paid.

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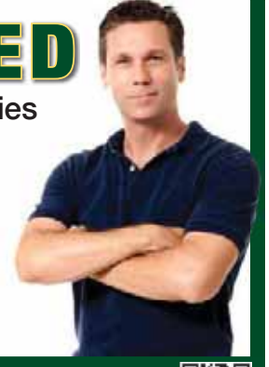

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Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

Downtown Lac-Mégantic, Que., as firefighters continue to douse the rubble on Sunday. RYAN REMIORZ/THE CANADIAN PRESS

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday morning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres east of Montreal — on Sunday and likened it to a "war zone."

Throughout the day, people streamed in and out of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways paint themselves as a safe, cost-effective alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude are expected this year, up from only 500 in 2009.

Saturday's disaster is the fourth freight-train accident involving crude-oil being probed since the start of the year, according to the federal Transportation Safety Board. THE CANADIAN PRESS

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Rapid descent

Skydiver injured at Calgary Stampede

A Canadian Forces skydiver has been injured during a performance at the Calgary Stampede.

A spokeswoman for the Skyhawks parachute team says the skydiver landed hard on Sunday afternoon and was taken to hospital.

Navy Lt. Julie Harris says the skydiver had just performed a manoeuvre with four other team members after the singing of O Canada.

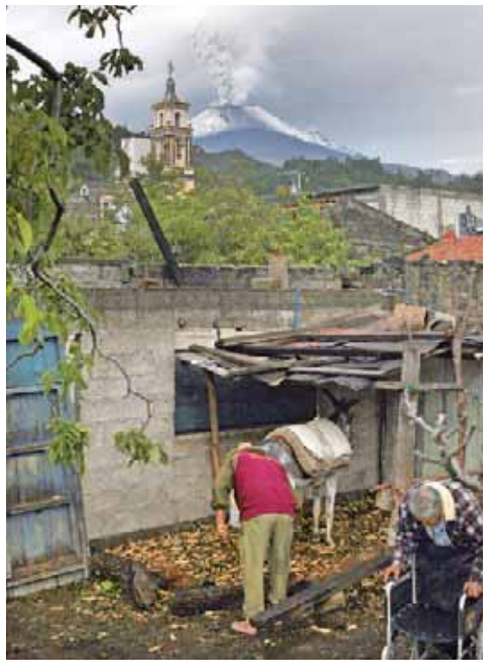
Harris says the manoeuvre went according to plan and the diver landed on the infield of the rodeo track — exactly where he was supposed to — but that he hit the ground fast.

She says he tried to get up but nearby paramedics rushed out and prevented him from doing so.

Harris says he was joking with the paramedics and appears to be OK.

She says accidents for the team are uncommon but notes that skydiving is a risky sport.

THE CANADIAN PRESS



Dread looms on the horizon

A plume of ash and steam rises three kilometres high from the Popocatepetl volcano, as seen from the town of Santiago Xalizintla, near Mexico City, on Sunday. Mexico raised the alert to Stage 3 yellow, the final step before a red alert and possible evacuations. MARCO UGARTE/THE ASSOCIATED PRESS

Asiana flight tried to abort a slow landing

San Francisco crash. Two victims killed in disaster identified as Chinese schoolgirls

A federal safety official said Sunday the cockpit voice recorder from Asiana Flight 214 showed the jetliner received a warning that it could stall because it was flying too slowly.

National Transportation Safety Board chief Deborah Hersman said Sunday that the plane was travelling far slower than the target landing speed of 137 knots per hour, or 250 km/h.

Hersman added that the aircraft's stick shaker — which warns pilots of an impending stall — went off moments before impact. The normal response is to increase speed to recover control.

There was an increase in speed several seconds before the crash, she said.

The recorder also showed the Boeing 777's crew called to abort the landing about 1.5 seconds before impact.

There was no indication in the discussions between the pilots and the air-traffic controllers that there were problems with the aircraft.

Hersman earlier said investigators are looking into what role the shutdown of a navigational aid may have played. She said pilots were told that the glide slope — a ground-based aid that helps pilots stay on course while landing — had been shut down since June.

Hersman told CBS that there were many other tools available to help pilots land.

Chinese state media identified the dead as two 16-year-old girls from China's eastern Zhejiang province. San Francisco Fire Department Chief Joanne Hayes-White said 19 people remain hospitalized, six of them in critical condition.

The South Korean government said the passengers included three Canadians.

THE ASSOCIATED PRESS

The flight data recorder and the cockpit voice recorder from the plane. NTSB/THE ASSOCIATED PRESS

Under speed

"We're not talking about a few knots."

National Transportation Safety Board chief Deborah Hersman, saying the plane was travelling far slower than it was expected to.

Toronto Zoo. Turning manure into electricity

Flipping a light switch doesn't normally conjure images of a defecating rhino, but a novel project at Toronto Zoo might just change that.

An energy plant project set for construction in 2014 will turn manure into electricity for Ontario's power grid, after a 50-day "digestion" process.

"It works basically like a big concrete stomach," said Daniel Bida, executive director of the ZooShare project.

The power plant plans to harness the energy of excrement by taking 3,000 tonnes of manure from rhinos and other large animals at the zoo as well as 14,000 tonnes of grocery store waste and breaking it down to produce a combination of electricity, heat and fertilizer. THE CANADIAN PRESS

Tarion. Minister working to make more information on home builders public

Ontario's consumer services minister has pledged she will work with Tarion — the corporation created by the government to protect new homebuyers — to make public more information about builders' track records.

A Torstar News Service investigation revealed that Tarion Warranty Corp. is keeping secret records of deficiencies in new homes.

"Consumers should have easy access to information about a builder's record to help them make informed buying decisions," said Consumer Services Minister Tracy MacCharles. "One of the cornerstones of consumer protection is information and transparency."

TORSTAR NEWS SERVICE

Give youth a chance, says young social entrepreneur

Social entrepreneur Hamoon Ekhtiari has received an $834,600 Trillium grant to develop a tool that helps connect young social entrepreneurs to capital and to each other. VINCE TALOTTA/TORONTO STAR

Optimistic. Hamoon Ekhtiari, 26, says Millenials are capable of great things if given opportunities to prove it

Governments must stop talking about "creating opportunities for youth" and get out of the way, says Hamoon Ekhtiari.

"Young people will create their own opportunities if we give them the chance," says the 26-year-old, with a knowing smile.

Quoted

"Our pitch was: Don't do anything for youth without us. If you are going to build infrastructure for young social entrepreneurs, they have got to be directly involved in that process."

Hamoon Ekhtiari

The immigrant from Iran has been creating opportunities for himself and others since he arrived in Toronto with his family as a teen.

Last month, Ekhtiari's online collaborative venture, CatalystsX, was one of seven youth-focused social enterprises awarded a piece of $4.2 million in Ontario Trillium Foundation Future Fund grants.

Ekhtiari, a graduate of the inaugural class of Toronto's School for Social Entrepreneurs-Ontario, credits the school for sparking his transition from the corporate sector to the world of social innovation.

"The community and connections made all the difference," says the math whiz and chartered accountant, who spent seven years with consulting giant Deloitte.

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Video of animal farm 'horrifying'

Whistleblower. Owner of GuZoo, a roadside attraction in Alberta, says he feels violated

JEREMY NOLAIS
Metro in Calgary

Animal-rights activists are demanding the Alberta government reopen its investigation into the controversial roadside GuZoo after new footage and photos have surfaced depicting what it claims are poor living standards and safety hazards for exotic animals housed on site.

The nearly 10-minute video shows what appears to be filth in numerous birdcages and fridges, maggots crawling in a bowl of food set next to a baby lynx and other domestic cats, and at least four animal carcasses scattered outdoors among piles of other garbage.

Metro obtained the photos and footage from the Council of Concerned Albertans for Animal Welfare and Public Safety.

"I'm horrified," said Lexci Johnston, council vice-president. "You don't have to be an animal lover to look at baby animals in the care of able-bodied humans being presented with maggots. That baby lynx is what they hand out to kids to take pictures with; meanwhile that thing's got a belly full of parasites."

Domestic cats are seen in an enclosure at Alberta's GuZoo near a food dish infested by maggots.
CONTRIBUTED/CCAAWPS

GuZoo, located near Three Hills, Alta., previously came under fire in 2011 after photos of public areas that many deemed substandard sparked a viral social media campaign calling for its immediate closure.

Reached Sunday, owner Lynn Gustafson confirmed the video was taken by what he suspects was a trespasser over the Canada Day long weekend. He also conceded there were maggots in the cat food and carcasses on the trash piles but chalked it up to everyday operations on a farm that's home to nearly 400 domestic and exotic animals.

"It's all bulls—t," Gustafson said, adding he suspects a visit from SPCA officials Friday was linked to the footage. "You can make anything you want out of it. I could go to your house and find something that's wrong probably."

Gustafson said the maggots in the cat cage swarmed after he accidentally left some food in there overnight, adding, "That wasn't what they were eating anyway."

As for the carcasses, Gustafson claims he was going to burn them but the weather was too damp and they were kept well away from public areas.

The council said it was sent the photos — 200 of them in total — and video from an anonymous whistleblower, whose identity they can't confirm.

Online

To see more photos and the video of GuZoo, head to metronews.ca

Trudeau charges Stampede

Federal Liberal Leader Justin Trudeau popped up at an unexpected place on Sunday as he continues to drum up political support from voters.

Trudeau appeared at the annual Stampede breakfast hosted by Alberta's Progressive Conservative Premier Alison Redford.

He shook hands with Redford and the two spoke briefly before he moseyed along to shake hands and pose for photos with a throng of people who turned out to chow down on pancakes, scrambled eggs and sausage.

"You know what? There's a lot of Progressive Conservatives who don't feel at home in the approach Stephen Harper's extreme right-wing Conservatives are taking and I'm glad to be meeting with anyone and working with anyone and talking about the challenges we're facing in the future," said Trudeau.

Liberal Leader Justin Trudeau makes an appearance at Alberta Premier Alison Redford's Stampede breakfast in Aldersyde, Alta., on Sunday.
LARRY MACDOUGAL/THE CANADIAN PRESS

"I'm glad to have a chance for the first time to meet with Premier Redford, but I look forward to many good conversations in the coming months and years," he added.

On Saturday, Prime Minister Stephen Harper dropped the gloves in a speech to his annual Stampede barbecue.

Harper said both the NDP and the Liberals would remove Canada's influence and power on the world stage, saying the NDP's ideas are "dangerous" and the Liberals' thinking "vacuous." THE CANADIAN PRESS

You've got hate mail: PMO gets letters for funding Christian aid group that insulted gays

The Harper government has received scores of letters and emails over government funding being provided to an organization that referred to homosexuality as a "perversion" and "sin."

The Prime Minister's Office and the office of the international development minister got about 170 letters and emails after The Canadian Press reported earlier this year on the $544,813 contract to Christian Crossroads Communications for humanitarian work in Uganda. The criticism of homosexuality on the organization's website raised concern about its operations in an African country where gays face persistent threats of physical violence and where notorious anti-gay legislation is before parliament.

The Harper government briefly announced a freeze in funds but later revised its position. Crossroads' project is linked to the construction of latrines and wells, in addition to hygiene awareness, in Uganda.

After the news broke, the government received 120 letters and emails from people opposed to funding Crossroads. About 50 others expressed support. THE CANADIAN PRESS

Quoted

"Are you not aware at how many gay people are being killed and harassed because of anti-gay Christian organizations?"

One of 170 letters to PMO

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The Egyptian Air Force puts on a show as opponents of Egypt's ousted President Mohammed Morsi rally in Tahrir Square in Cairo on Sunday. THE ASSOCIATED PRESS

Feud within Egypt's new leadership

Rival rallies. 2 days ago clashes between secular, Islamist camps left at least 36 dead, more than 1,000 injured

Feuding erupted within Egypt's new leadership on Sunday as secular and liberal factions wrangled with ultraconservative Islamists who rejected their choice for prime minister, stalling the formation of a new government after the military's ouster of President Mohammed Morsi.

At the same time, the shows of strength over the removal of Egypt's first freely elected president were far from ending, with tens of thousands in the streets Sunday from each side.

The Muslim Brotherhood pushed ahead with its campaign of protests aimed at forcing Morsi's reinstatement, bringing out large crowds in new rallies. Its officials vowed the group would not be "terrorized" by arrests of their leaders and the shutdown of their media outlets.

'All betrayed us'

Senior Brotherhood member Saad Emara said there was no possibility for any negotiations with the new leadership after "all betrayed us."

- "We are not regressing to a Mubarak era but to ... a totalitarian regime," he told The Associated Press. "Anything other than protest is suicide."

The Brotherhood's opponents, in turn, called out large rallies in Tahrir Square and other squares in Cairo and several cities to defend against an Islamist counter-push. Military warplanes swooped over the crowd filling Tahrir, drawing a heart shape and an Egyptian flag in the sky with coloured smoke.

Morsi and five top Brotherhood figures are currently in detention, and around 200 others have arrest warrants out against them. The group's TV station and three other pro-Morsi Islamist stations were put off the air. THE ASSOCIATED PRESS

When you can't take the heat

As temperatures soared across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter **Ruth Davenport** got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

At 10 minutes ...

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

At 15 minutes ...

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up.... Your body is trying to make sure oxygen is replaced, hence the deeper breaths."

At 20 minutes ...

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

At 25 minutes ...

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."

Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO IN HALIFAX

At 30 minutes ...

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less ability to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help — it's quite unfortunate."

At 35 minutes ...

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

At 40 minutes ...

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

By the numbers

49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C
Serious fever threshold: 40.5 C

Quoted

"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."

Physician Dr. John Gillis

Think again, drivers

Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly, as well."

Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs across the country have already been rescued from parked cars this summer, victims of owner ignorance or separation anxiety.

No place like home

Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

Chisholm says dogs can dissipate heat only through their tongue or foot pads, a small surface area to begin with.

There's no air movement in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO IN HALIFAX

Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO IN HALIFAX

U.K. currency. Women will get the note, Carney says

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations, apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images on the currency parallels a similar protest in Canada, when

Mark Carney THE ASSOCIATED PRESS FILE

Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of $50 polymer notes.

The move sparked a campaign to restore the image of the so-called Famous Five, led in part by Calgary city council. THE CANADIAN PRESS

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Temp jobs become permanent fixture

Employment. Number of temps in U.S. has jumped more than 50% since recession ended

Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants.

Combined, these workers number nearly 17 million people who have only tenuous ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to their revenue. Some employers have also sought to sidestep the new health-care law's rule that they provide medical coverage for permanent workers. Last week, though, the Obama administration delayed that provision of the law for a year.

The use of temps has extended into sectors that seldom used them in the past — professional services, for example, which include lawyers, doctors and information technology specialists.

Temps typically receive low pay, few benefits and scant job security. That makes them less likely to spend freely, so temp jobs don't tend to boost the economy the way permanent jobs do. More temps and contract workers also help explain why pay has barely outpaced inflation since the recession ended.

Beyond economic uncertainty, Ethan Harris, global economist at Bank of America Merrill Lynch, thinks more lasting changes are taking root.

"There's been a generational shift toward a less committed relationship between the firm and the worker," Harris says. THE ASSOCIATED PRESS

By the numbers

27%

Even when jobs are classified as "temp to permanent," only 27 per cent of such assignments lead to permanent positions, according to Susan Houseman, an economist at the Upjohn Institute of Employment Research.

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SIGNS (SOMETIMES) POINT TO STINTZ

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

TTC chair Karen Stintz will run to be Toronto's next mayor. Probably.

For months, the North York councillor was consistent with statements that she wouldn't run against Mayor Rob Ford in the 2014 municipal election. But she's not saying that anymore. And there's been a palpable change to her behaviour in and around city hall — her statements more careful, her actions more deliberate.

All signs are that she's preparing for something big.

And, hey, why not? Stintz has every reason in the world to throw her hat in for 2014. She's got the experience. She's got the connections. She's got smart people working for her.

Then there's her own legacy as TTC chair to think about and protect. Should Ford win re-election, he'll move to kick her off the TTC and reverse many of the good decisions she's made on the transit file faster than you can say "subways, subways, subways."

Plus there is a lot to be said for her strength of character. There is nothing I respect more than an elected official standing up for their beliefs against prevailing political pressures. Doing what's right and taking calculated risks — that's the kind of stuff we need in our political leaders.

Last year, when Stintz stood up and took on the mayor on the council floor, she showed that she's got that right stuff. By killing the mayor's entirely unfunded and unworkable idea for a Sheppard subway extension, Stintz took a huge political gamble and made it work.

Her taking the fight to the mayor was so cool that another councillor's office actually had buttons printed up to commemorate the event. They've got "Karen Stintz Fan Club" printed on them.

That fan-club high, however, has been followed by some really notable lows. She quickly followed up her transit victory by presenting a half-baked concept for large-scale transit expansion called OneCity. It fell apart. Recently, she's turned back to pushing a subway to Scarborough, even though no one knows how to pay for it. At times, she's seemed better suited to stopping bad transit plans than working to create good ones.

And the financial side of governance has not yet been Stintz's strength. She's never really involved herself in the city's budget process, seeming content to just vote with Ford on most things. Her single greatest failure at TTC chair has been her unwillingness to fight for annual subsidy increases. As a result, even as TTC ridership grows every year, there's little money to provide enhanced service.

But even with those heavy downsides, it's hard to forget her victory last year and the strength of character it revealed. Karen Stintz earned herself a fan club once. Maybe she can do it again.

ZOOM

March of the flamingos

MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. METRO

One of the greats

"To witness a concentration of birds like this is, without a doubt, one of the greatest ornithological experiences in the world."
Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: it's extremely rich in blue-green algae, which the birds thrive upon. METRO

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.

Camp 14:

Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of Shin Dong-hyuk — who has spent most of his young life living in a labour camp — and two former guards reaffirms that behind all the goofy photo-ops and cartoonish "Juche Idea" myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Letters

RE: Stalled Bill to Bar Teens from Tanning Salons Heightens Cancer Risk, published July 2 online

As a melanoma survivor living in B.C. where children and youth under the age of 18 are now banned from indoor tanning, I was most dismayed to learn that the Ontario Conservative party has not supported efforts to pass similar legislation. The prevalence of adolescent melanoma has been rising at approximately two per cent per year since the 1970s and yet doctors tell us this is a largely preventable disease. The Canadian Cancer Society reports that between 2006 and 2012 tanning equipment use more than doubled among Ontario students in Grades 11 and 12. A taxpayer funded study has estimated the total economic burden of skin cancer in Canada will rise to $922 million by 2031. It is important to note that skin cancer does not discriminate; it affects all skin colours and does not care what political ideology we may or may not support. It's time our politicians realized this and acted accordingly.

Linda Jeaurond, Victoria B.C.

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Mother Mother mine bright ideas from some dark places

Balancing act.
Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA CAVALLO
Metro World News in New York

Mother Mother explores the human condition in their music. HANDOUT

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemond, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits Guldemond, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ... where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemond is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be simple and immediate with something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is to be long-winded."

To cut to the chase when it comes to his chosen craft, Guldemond's philosophy is clear. "If there's anything not to take too seriously it's music," he says, when asked about writing a song (Bright Idea) specifically for commercial use. "It's a fun little challenge to write from that place, because usually it comes out how it comes out — you know, from the heart or however you want to put it. But this was more of like an expression within parameters. I don't necessarily see music as something that has to be sacred and authentic at all times. You can kind of see it as an exercise. And I think in doing that a lot of the time you strengthen your ability to channel the authenticity at a later date."

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemond and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

Almost famous and Twenty Feet away

"I had to retrain my ear to hear them," says Morgan Neville of the subjects of his new documentary Twenty Feet From Stardom.

The film, which debuted at Sundance, is already one of the most acclaimed documentaries of the year. It's an ode to the talent and perseverance of professional backup singers. Combining intimate interviews and compelling archival footage, it traces the evolution from the call-and-response tradition of gospel music to contemporary pop and rock 'n' roll. Its argument seems to be that behind every guitar-slinging 20th century icon is a great background vocalist.

"I'm a real music geek," says Neville, "and I knew a lot about music history, and it was like a black hole in my knowledge. And the more I read about it and the more people that I spoke to, I realized that nobody really knew anything about backup singers. They are shockingly invisible."

Twenty Feet From Stardom attempts to throw a spotlight on some of these underseen performers, including Darlene Love — whose voice powered several key '60s girl-group hits but never received due credit from producer Phil Spector — and Merry Clayton, best known for her scintillating cameo on The Rolling Stones' Gimme Shelter. At the same time, the film features interviews with top-liners like Bruce Springsteen and Mick Jagger, and Neville says he was conscious of trying to make sure that these figures didn't dominate the proceedings.

"Every one of the (stars) has a personal connection to one of our main characters," he explains. "I wanted people to see the gratitude that these big stars have for their backup vocalists because they understand better than anyone else what (those singers) bring."

ADAM NAYMAN/METRO

Twenty Feet From Stardom opened last Friday. HANDOUT

Almodovar so excited for flick

He just can't hide it.
The Skin I Live In filmmaker says he drew inspiration from the '80s in making his new film

NED EHRBAR
Metro World News in Hollywood

Pedro Almodovar works with Penelope Cruz and Antonio Banderas. HANDOUT

Pedro Almodovar is the first to admit that his latest film, I'm So Excited, is something of a throwback — and he means it in the best possible way.

"I'm conscious that this is almost the opposite movie of The Skin I Live In or Broken Embraces or Volver. It's very much dedicated to the '80s, when I started making movies," he says.

The film — now in theatres — charts a disastrous discount flight and the myriad characters on-board, each dealing with telenovela-worthy personal baggage that's meant to satirize modern-day Spain. So why the return to brightly-coloured farce and melodrama?

"I think I wanted to recover my youth or recover that kind of explosion of freedom that we experienced in Spain and in Madrid after Franco died," he says.

"And really for me, at the end of filming I realized that it was a tribute that I made to that decade — not to my career, but to Spain in the '80s. Spain has changed a lot for the worse, for much worse now. I mean, the whole world has changed.

"I think I missed that atmosphere."

Now about that title. The English-language version of the film gets its name from the Pointer Sisters' hit that the three flight attendants lip-sync to in an attempt to entertain their passengers when the flight starts to go bad.

"I'm So Excited fit very well for many reasons," Almodovar explains.

"On one hand it is an iconic disco song. (The characters) are very queeny, so they like very much that type of song. And also it was a song that has not been used too much in movies, because there are many. For example, I didn't think about I Will Survive. It's too over-used."

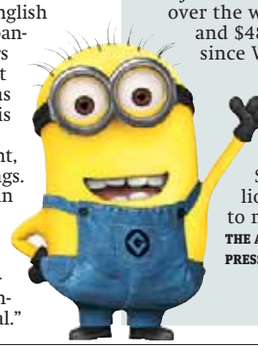
The film's original title, though, is Los Amantes Pasajeros, but Almodovar couldn't get the same double meaning out of it in English that it had in Spanish. "Passengers is someone that travels as well as something that is fleeting," he says.

"It's important, these two meanings. And also because in Spanish, 'excited' is like here as something that implies enthusiasm, but also it implies sexual arousal."

Box office

Uh-oh Silver, no big pay day!

The minions of Despicable Me 2 ran away with the weekend box office, leaving Johnny Depp's The Lone Ranger in the dust. According to studio estimates Sunday, the Universal animated sequel took in $82.5 million over the weekend and $142.1 million across the five-day Fourth of July holiday window. Gore Verbinksi's reimagining of the iconic lawman bombed for the Walt Disney Co., opening with just $29.4 million over the weekend, and $48.9 million since Wednesday.



The Lone Ranger reportedly took $225 million or more to make.

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The Word

Who is holding hands with other celebrities?

STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.

• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for $50 million, claiming that the idea for Avatar was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

Gomez's friends continue to trash Bieber

Are serial on-again, off-again romancers Justin Bieber and Selena Gomez back on again?

They certainly looked pretty cozy in an Instagram photo Bieber posted from a Fourth of July party along with the hashtag "heartbreaker." Gomez also pops up in an Instagram video posted by Bieber's pal Alfredo Flores at the same party. If they are back together again, Gomez's friends certainly aren't thrilled about it, according to Radar Online.

"Selena's friends have stuck by her through thick and thin, but the whole back-and-forth relationship with Bieber is really starting to wear on them," a source says.

"None of her friends really like Justin — or at least, they don't like Selena with Justin. It's just not a healthy relationship. He has something on her. She knows he's not the right thing for her, but she can't stay away."

Twitter

@MatthewPerry
The one upside of the ridiculous jet lag I am experiencing is that I am up for Breakfast at Wimbledon live! No DVR for me!

@TheRock
A masseuse named Kristina. Four Seasons - Budapest. THE strongest hands I've ever felt. Pain so good I think I met Jesus.

@IJasonAlexander
Brutal day of poker. Great hands simply didn't hold up. I got crushed. But this is when I remember, I have a great f—ing life. So, onward.

Forget scotch, get naked

Channing Tatum.

Some men like to relax with a nice glass of scotch when they get home, but for Channing Tatum nothing beats nudity.

The recently crowned Sexiest Man Alive tells Elle magazine that he can't fight the urge to strip down the second he walks in the door.

"I have a really nice back porch where the pool is," he says. "Once the shoes are off, the socks come off too, and then everything else downstairs just follows at some point."

Oscar in the middle

Neil Patrick Harris.

Neil Patrick Harris has now hosted the Tonys four times and will host his second Emmys ceremony this September, so naturally the Oscars are right around the corner for him, right?

"Someday. Who knows?" Harris offers modestly, according to E! News.

"That's the kind of question if you say, 'No, I don't want to do it,' you look like a d—, and if you say, 'I'm dying to do it,' you look like a d—. So you're kind of left in the middle."

Bath time

Knee saver

Save your knees when you're giving your kidlets or pets a bath with a foam gardener's kneeling pad! You can get them for under $10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**

Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices

Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN
YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began midweek and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her. She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**

The toddler roller coaster is one unpredictable ride. ISTOCK

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How to bring order to your inbox

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multitasking, Kim says. "There is a lot of research about how our brains don't really multitask. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing at a time, I think that's the number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize. "Go through very quickly and try to remember that when you go on vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with. "You say, 'I'm going to make a note of that' and go to the next one," she says, adding that you should aim for a chunk of focused minutes of email-cahecking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

The business of breath

Inhale. Exhale. (Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.
- "When you have to check your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

If 'gifted' had nothing to do with grades

Don't stop believing. Scott Barry Kaufman encourages everyone to hold on to that feeling of being brilliant regardless of what the tests tell you

JULIA FURLAN
Metro World News

If you've perpetually placed serious stock into school statistics, perhaps it's time to think again. ISTOCK

After being rejected from Carnegie Mellon University due to his SAT scores, Scott Barry Kaufman was determined to prove that he had the chops to excel at the university.

Eventually he was accepted to the prestigious school as a transfer, and he went on to graduate Phi Beta Kappa in 2003. He later received a master's degree from Cambridge, as well as a doctorate from Yale. He now works as a cognitive psychologist.

So why did the SAT determine that he didn't have the mental chops?

In his latest book, Ungifted: Intelligence Redefined, Kaufman attempts to get to the bottom of that question — for himself, and for students everywhere who find themselves falling through the cracks.

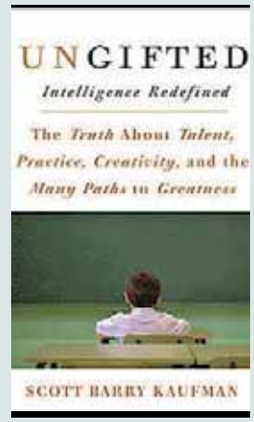
"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time," says Kaufman.

"We're really stuck in a false model of giftedness, where you're either born gifted and you will stay that way the rest of your life, or you're not and you won't ever be. That's just not in line with current research on human development."

Pages and passion

Ungifted traces Kaufman's unique mental maturation

- He suffered severe ear infections that left him with an auditory disorder in elementary school, which led to a special education classification that was difficult to shake.
- Woven into his personal narrative is his research on cognitive development, plus an analysis of the major breakthroughs in his field.
- "What we think of as an ordinary mind has a lot more capacity than most people realize. If you trace the development of minds that we label 'gifted' or 'genius,' you see a rapid development — but there's also passion that gets overlooked," says Kaufman.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- "If we find something we're driven to engage in day after day, hour after hour, any of us can demonstrate the kind of behaviour that society labels as 'gifted.'"

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Ginger-lemon marinade holds secret to tasty chicken

ROSE REISMAN
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These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds (if using); mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or just until chicken is no longer pink inside, brushing often with marinade and rotating every 5 minutes. **ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)**

Ingredients

- 8 oz boneless skinless chicken breasts, cut into 2-inch(5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes

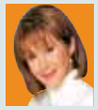
Ginger-Lemon Marinade

- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root (or 1/4 tsp ground)
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds (optional)

This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

Healthy eating

Choose it and lose it



ROSE REISMAN
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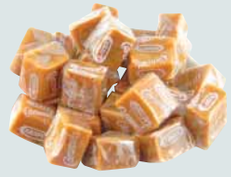
There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.

Haagen Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g sugar
This addictive dessert with caramel ice cream, milk chocolate and roasted almonds will cost you.

Equivalent

A Haagen Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.



Breyers Vanilla Caramel Chip bar

120 calories/6 g fat /13 g sugar
This is a better nutritional treat since it contains both milk and cream, where as Haagen Dazs only has cream.

This meatball sandwich recipe makes six sandwiches. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

Skip that tired burger and have a ball

KAREN HUMPHREY
YummyMummyClub.ca

1. Preheat oven to 375 F.

2. In bowl, stir garlic, onion, pepper, salt, Italian seasoning, bread crumbs and Parmesan cheese. Add ground beef and egg, and mix well with your hands.

3. Line rimmed baking sheet with foil and very lightly grease it with oil.

4. Shape beef mixture into 1/2 inch sized balls and place on baking sheet. You should get about 26 of them. Bake meatballs for 20 minutes until cooked through. To check, take one off the sheet and cut it in half to make sure there is no pink in the middle.

5. Split buns in half and place on a baking sheet. Turn oven to broil. Gently toast buns until golden. Meanwhile, put pasta sauce in a small pot and heat on low until it's bubbling and hot.

6. Once buns are lightly toasted, take out and place four meatballs per sandwich on a bun. Drizzle with about 2 tbsp of warm pasta sauce. Then place mozzarella cheese on each. With oven still on broil, place sandwiches in oven to melt the cheese, watching carefully so buns don't burn. When cheese is soft and buns toasted, serve sandwiches with extra sauce on the side for anyone who wants some. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 2 garlic cloves, minced
- 1/2 small onion, grated
- 1/2 tsp cracked pepper
- 1/2 tsp salt
- 2 tsp Italian seasoning
- 2/3 cup dry bread crumbs
- 1/4 cup Parmesan cheese
- 1 lb lean ground beef
- 1 egg
- 6 of your favourite buns
- 3/4 cup pasta sauce
- mozzarella cheese slices

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Tour de France

Martin wins stage, Froome clings on to lead

Left alone and with his teammates far behind, Chris Froome held off repeated attacks to retain the Tour de France lead Sunday as the three-week race left the Pyrenees mountains.

Dan Martin of Ireland, a 26-year-old Garmin-Sharp rider, won Stage 9 following a two-man sprint against Denmark's Jakob Fuglsang.

In the 168.5-kilometre trek, Froome was relieved he was able to quash four attacks by Movistar's Nairo Quintana on the last climb despite his Sky teammates lagging behind. They were worn out after a strong team effort to help him win the yellow jersey a day earlier. THE ASSOCIATED PRESS

NHL

Seguin blames 'hackers' for anti-gay tweet

Recently acquired Dallas Stars forward Tyler Seguin says an anti-gay comment that showed up on his Twitter account came from "hackers."

The Stars said in a statement Sunday that they had "addressed the issue directly" with Seguin. The tweet showed up on his account Saturday and was quickly removed.

Seguin posted an apology on Twitter and said he was temporarily shutting down his account because of "repeated attempts by hackers to try to damage my reputation."

Seguin was traded to Dallas by Boston on Thursday. THE ASSOCIATED PRESS

Murray finally the man at Wimbledon

Tennis. Scot ends 77-year drought of a British player capturing men's championship

From the lawns of Wimbledon to the lochs of Scotland, all of Britain can celebrate.

Andy Murray made it possible Sunday, winning his country's hallowed tennis tournament to become the first British man in 77 years to raise the trophy at the All England Club.

Murray's 6-4, 7-5, 6-4 victory over top-seeded Novak Djokovic was a fitting close to nearly eight decades of British frustration: A straight-setter, but a hard-fought, three-hour, nine-minute affair filled with long, punishing rallies and a final game that may have felt like another 77 years, with Murray squandering three match points before finally putting it away after four deuces.

Certainly, the endgame must have felt like torture to the 15,000 watching on Centre Court, the thousands more watching on a big-screen TV on the grounds and, of course, the millions of British watching on TV.

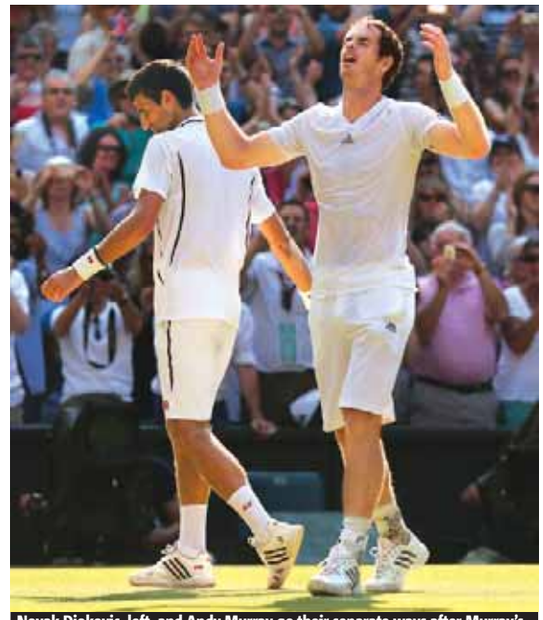
"Imagine playing it," Murray said in his on-court interview.

But he closed it out on this warm, cloudless day on Centre Court. He put his name beside that of Fred Perry, the last British man to win Wimbledon, back in 1936. THE ASSOCIATED PRESS

Nestor wins mixed title

Daniel Nestor of Toronto and Kristina Mladenovic saved two match points, then went on to win the mixed doubles title at Wimbledon on Sunday by beating top-seeded Bruno Soares and Lisa Raymond 5-7, 6-2, 8-6.

- It's Nestor's third major mixed doubles title. He also won the Australian Open in 2007 and 2011.



Novak Djokovic, left, and Andy Murray go their separate ways after Murray's victory in the Wimbledon final on Sunday in London. CLIVE BRUNSKILL/GETTY IMAGES

Starting pitcher Todd Redmond gave up just one hit over five innings for the Blue Jays on Sunday.
THE CANADIAN PRESS

MLB. Redmond an unlikely hero for Jays

In a season where little has gone according to plan, it's perhaps no surprise that the Toronto Blue Jays have found some unlikely heroes.

It's too early to put Todd Redmond alongside Munenori Kawasaki, but the right-hander earned some new fans Sunday in Toronto's 11-5 win over the Minnesota Twins.

With the Jays needing to fill a hole in their starting rotation, the 28-year-old from St. Petersburg, Fla., did not give up a hit until one out in the fifth when Aaron Hicks, batting eighth in the Twins lineup, homered over the right-field fence with one on to tie the score at 2-2.

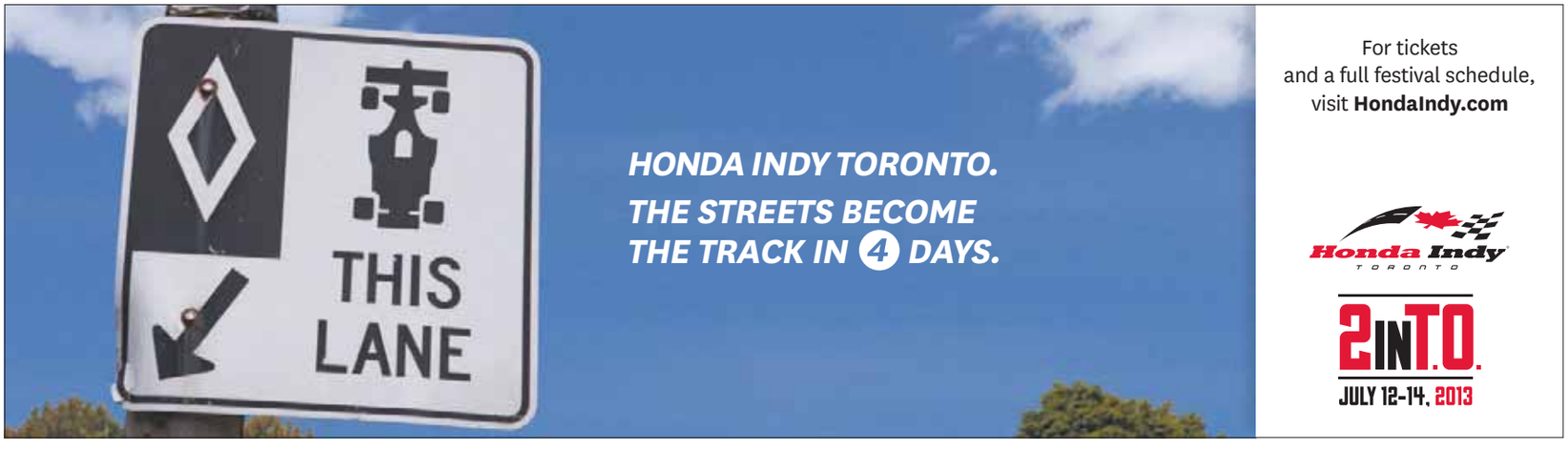
Redmond struck out four and walked three in five innings, with the Toronto offence striking back for four runs in the bottom of the fifth to give him a 6-2 lead.

"It's still a dream come true just to be here," said Redmond. "You've just got to take it one day at a time, one start at a time. And hopefully continue on."

Colby Rasmus, Jose Reyes and Rajai Davis homered for Toronto, which outhit Minnesota 13-5 before 43,795 under a stuffy dome at Rogers Centre.

Redmond, earning his first career win in his second major-league start, has probably earned another start for the Jays (43-45). THE CANADIAN PRESS

4 SPORTS



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Horoscopes

Aries
March 21 - April 20
Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

Taurus
April 21 - May 21
You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

Gemini
May 22 - June 21
Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

Cancer
June 22 - July 23
Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

Leo
July 24 - Aug. 23
Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

Virgo
Aug. 24 - Sept. 23
This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

Libra
Sept. 24 - Oct. 23
Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

Scorpio
Oct. 24 - Nov. 22
Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

Sagittarius
Nov. 23 - Dec. 21
You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

Capricorn
Dec. 22 - Jan. 20
You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

Aquarius
Jan. 21 - Feb. 19
Go out of your way to be nice to people today. You can do it if you try!

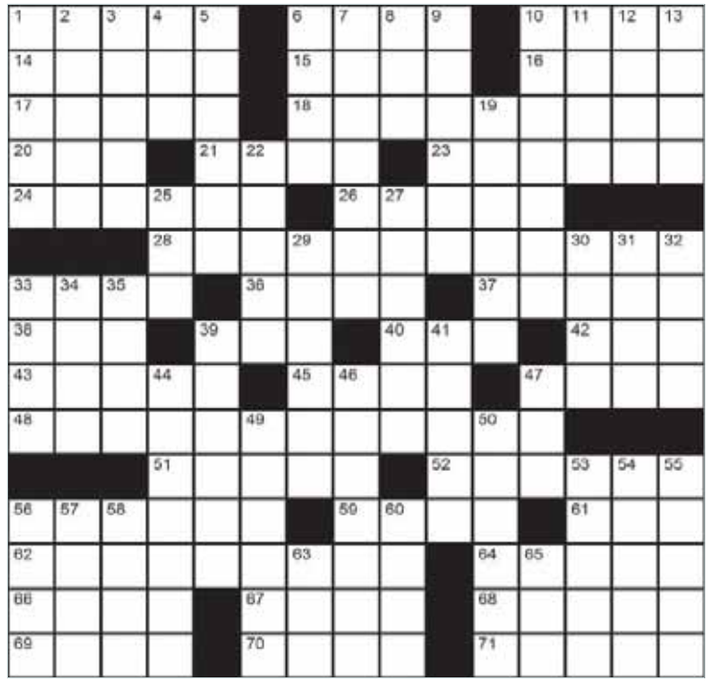
Pisces
Feb. 20 - March 20
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

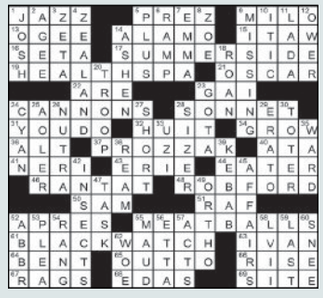
BY KELLY ANN BUCHANAN



Across
1. "Canada AM" health expert, Dr. __ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as __ __
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial _ __ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle†race on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, __ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. __-water advisory
47. Curds and __
48. Establishment in a 19th-century town: 2 wds.
51. Music __
52. Gives way
56. Chum
59. Seinfeld-ian phrase, when repeated
61. On, as a candle
62. The Halifax __ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "_ ___ It Bad": Tune by Usher
68. Egg __ (Kitchen gadget)
69. Business person's "Fast!"
70. Succeed in school
71. The States: __ Mountains

Down
1. Wizardry
2. Singer Ms. Baker
3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '__ Alogo'
6. Hockey great Phil, to fans
7. __-cat
8. Swiss river, variantly
9. Intl. relief agency for kids
10. Opera, __ und Isolde
11. "Take __ __ a sign."
12. Nashville, __.
13. Mount of Greece
19. Clandestine
22. Region's animal life
25. Consumed
27. __ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley __
32. TV award
33. Performed a ballad
34. __ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew __ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res __ loquitur (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

1				9		4	2	
	5		1	3		7		
					7			
	1	5				2		6
3								8
8		6				9	1	
			5					
		4		7	8		9	
	2	3		1				4

Friday's Sudoku

2	6	8	1	4	3	9	5	7
5	3	9	8	7	2	4	6	1
7	4	1	5	9	6	2	3	8
1	2	3	7	5	8	6	4	9
6	9	7	2	3	4	1	8	5
4	8	5	6	1	9	3	7	2
3	1	4	9	8	5	7	2	6
8	7	2	4	6	1	5	9	3
9	5	6	3	2	7	8	1	4

Today
29°/21°
Thundershowers
70%

Tuesday
27°/18°
Thundershowers
40%

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